TYPES of SAUNA

electric
wood heated
smoke sauna
communal sauna
housing association´s sauna
private sauna (city/cottage)

A phonebooth sauna as seen in Steam of Life documentary film. Credit: Oktober Oy.

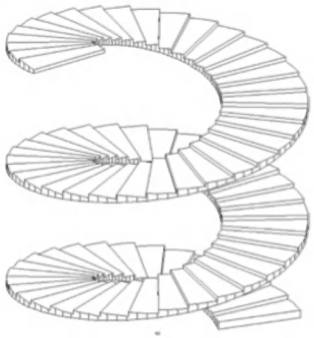
You can find saunas in flats, too

SAUNA IS FOR RELAXING, NOT COMPETING IN TOLERATING THE HEAT (="LÖYLY")

SIMPLE RULES:

Shower yourself before entering the sauna

Choose the bench *(laude)* that suits you. The higher, the hotter.



TAKE A BREAK & CHILL OUT WHEN YOUR BODY SAYS SO.

COMMOTION annoyN the SAUNA ELF!

Dip in the snow or water if possible.

Enjoy the afterglow!

Keep yourself hydrated.

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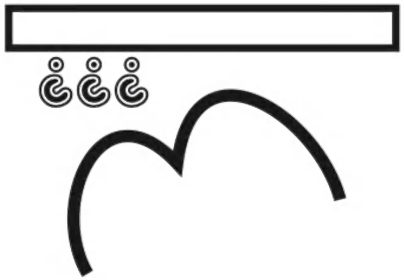
COOL OFF AFTER SAUNA.

HOW TO TAKE A SAUNA BATH?

sauna zine #1 (2018)

YOU NEED:

a *pelletti*
a sauna whisk (*vasta* or *vihta*)
a soap & shampoo
a brush or a washing mitten
a towel
refreshments

WHAT THE HECK IS A "PEFLETTI"?